

**2003 NH Youth Risk Behavior Survey (YRBS)
Aggregate School-Wide Report**

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2003 NH Youth Risk Behavior Survey (YRBS)

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Part I

I. Introduction

This report presents a summary and analysis of the data gathered from the 31 NH high schools that participated in the 2003 school-wide administration of the YRBS. In 2003, there were two different ways in which the YRBS could be administered to New Hampshire high school students. Some schools participated in the CDC administered YRBS which resulted in a representative sample of NH high school students, but which only surveyed individual classes and not the entire student bodies of individual high schools.

The school-wide administration of the YRBS, described in this report, was sponsored by an agreement between the NH State Incentive Grant, and the NH Departments of Health and Human Services and Education. Participation was voluntary and anonymous so as to encourage honest disclosure by the students. Consistency checks were run on the data to exclude careless, invalid or logically inconsistent answers.

Some caution is suggested in interpreting the findings of this report. Self-report data tends to underestimate the behaviors surveyed and can only be completely validated by cross-checking answers with objective procedures, such as drug screens or school records, which was not possible to do. Although the statewide student participation rate was quite high (77%), participation rates varied by grade within schools and across schools. Also, the survey provides no information about the students who have dropped out of high school, and who might be at equal or higher risk for unhealthy behaviors. While the participating high schools were geographically distributed across New Hampshire and included urban, rural, large and small student bodies, schools were not selected by a statistically driven representative sampling technique.

As a participating school, you have already received your individual school report (summer, 2003) that included current data about health risk behaviors in your student population. By combining the 16,404 survey responses of all the 9th-12th grade high school students who participated in the school-wide administration of the YRBS, we are able to generate this state report. It includes in depth information about the current health risk behaviors of the high school students in the 31 participating schools.

This report looks at prevalence and patterns of youth substance use and other health risk behaviors. It assesses relationships between alcohol, tobacco, marijuana, other drug use and health problems such as depression, suicidality or participation in unsafe sex. The report is in two parts.

Part I follows the exact format of the individual high school reports received by each participating high school in summer, 2003. Part I shows statewide percentile differences, by grade and gender, in responses to the YRBS questions on substance use, abuse and related risk behaviors. The findings are presented as graphs and by descriptive text. Wherever percentile differences are noted, these differences are statistically significant. Statistically significant means that there are fewer than 5 chances out of 100 that the differences could be due to random factors. All results are expressed as percentages of students who endorsed the reported responses. Because of rounding, not all the percentages add up to exactly 100%.

By looking at your individual high school report and Part I of this report, you can compare your students' responses with the responses of students in the school-wide sample. Both the size of an individual school and the frequency of reported behavior (for example, the frequency of alcohol use by your students) make a difference in comparisons between individual schools and statewide results. Generally speaking, differences of less than 5% in any risk behavior tend not to be meaningful. If you have questions about how your school's results compare to the 2003 aggregate report, you may contact us for additional information.

We believe that this 2003 Aggregate School-Wide YRBS Report can provide good indicators of current health risk behaviors among NH high school students and that comparisons can be made between the findings reported in the 2001 Aggregate School-Wide Report and this one. The number of participating schools (33 in 2001/31 in 2003) and the total number of students surveyed (16,664 in 2001/16,404 in 2003) are comparable. Geographic representation shifted only slightly with 9/10 counties represented in 2001 and 2003, and 8 counties represented in both 2001 and 2003. The composition of the sample did change between 2001 and 2003, with only 16 schools participating in both administrations (50%). However, there were no meaningful differences between those schools that participated once and those schools that participated twice.

It should also be noted that there are important questions that cannot be answered by the responses to the YRBS. In particular, reported engagement in risky behaviors or reported risks such as being sexually or physically assaulted do not give us information about possible causes nor specific prevention or treatment interventions. Remember to look on the positive side. A large percent of NH high school students are NOT engaging in significant levels of health risk behaviors. Hopefully, the analyses from this report can be used to help target specific problem areas and youth who are at particularly high risk and in need of services.

This report was compiled by the State Evaluation Team for the State Incentive Grant. For further information, contact: Stanley Rosenberg, Ph.D., 603 643-7400 (Stanley.Rosenberg@Dartmouth.edu) or Kay Jankowski, Ph.D., 603 643-7416 (Kay.Jankowski@Dartmouth.edu).

Part I

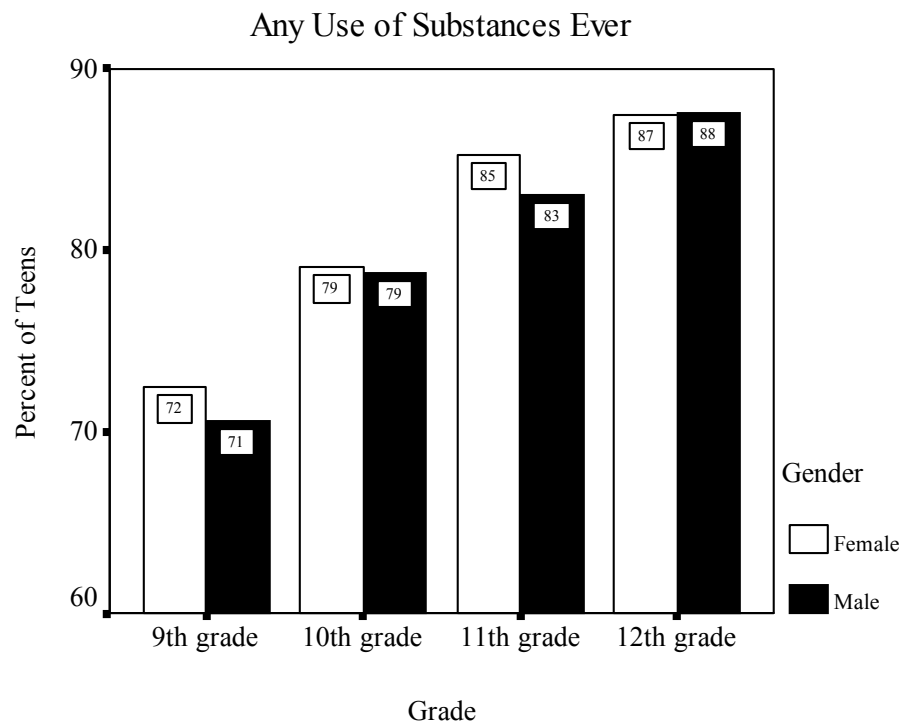
1. Description of Students Sampled in Participating Schools

<u>Gender</u>	<u>Grade*</u>	<u>Participation Rate</u>	<u>Race/Ethnicity</u>
	4525 9 th graders	(80% of 9 th graders)	89% White
50% girls	5064 10 th graders	(80% of 10 th graders)	2% African-American
50% boys	3806 11 th graders	(79% of 11 th graders)	3% Hispanic
	3009 12 th graders	(66% of 12 th graders)	2% Asian-American
			4% Native American
	* 114 no grade reported		

2. Descriptive Data on Risk Behaviors

2a. Behaviors Related to Substance Use

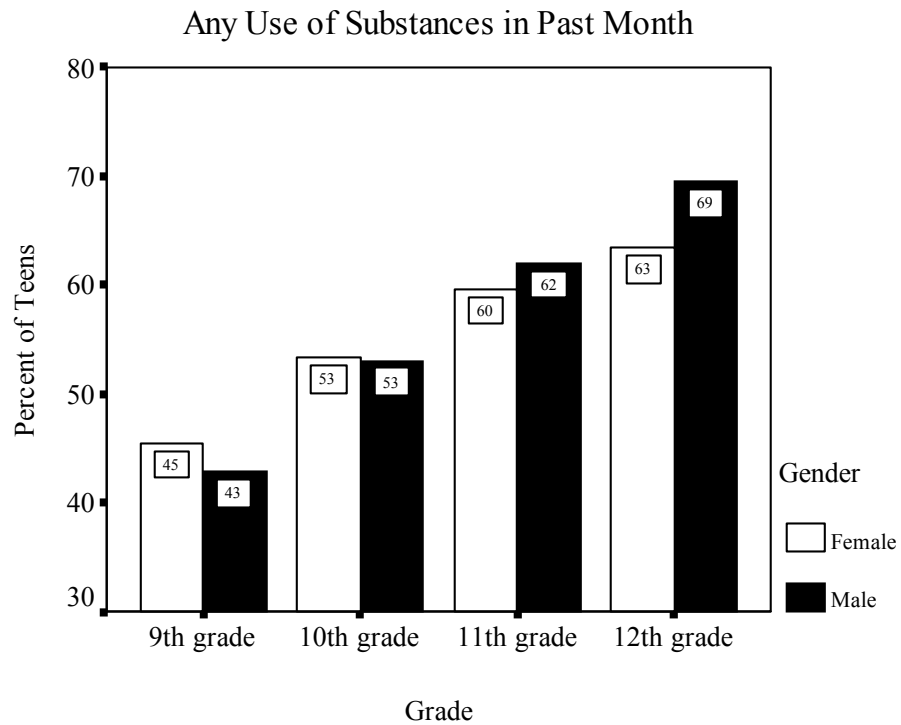
Any Use of Substances Ever



- 80% report use of tobacco, alcohol, marijuana or other drugs at some point in their lifetime
- Boys and girls report equal amounts of lifetime substance use
- Use of substances increases with each grade in school
 - 72% of 9th graders
 - 79% of 10th graders
 - 84% of 11th graders
 - 88% of 12th graders

Any Use of Substances in the Past Month (tobacco, alcohol and marijuana only)

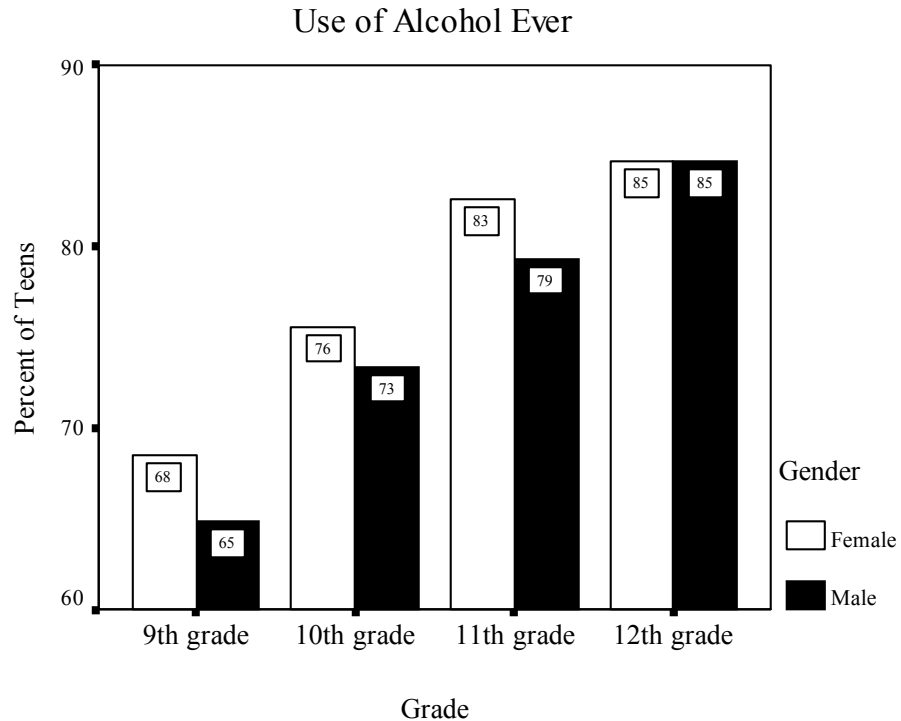
- 55% report use in the past month
- Boys and girls report equal amounts of use in the past month
- Use of substances in the past month increases with each grade in school
 - 44% of 9th graders
 - 53% of 10th graders
 - 61% of 11th graders
 - 67% of 12th graders



Alcohol Use

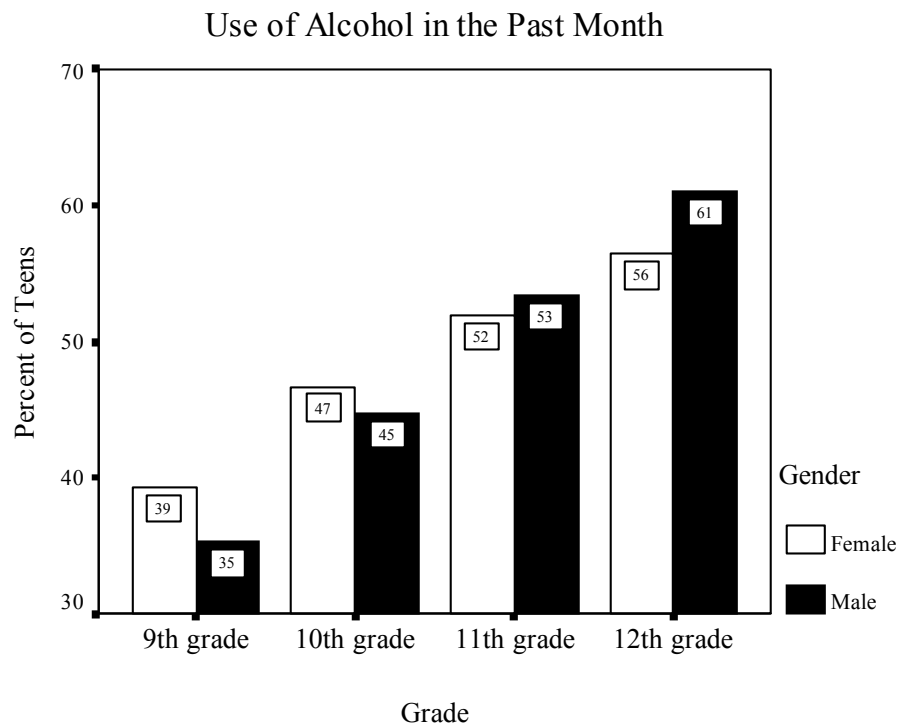
Use of Alcohol Ever

- 76% report use of alcohol at least once in their lifetime
- More girls (77%) than boys (75%) report lifetime use of alcohol
- With each increase in year in school, students are more likely to have used alcohol at least once
 - 67% of 9th graders
 - 74% of 10th graders
 - 81% of 11th graders
 - 85% of 12th graders



Use of Alcohol in the Past Month

- 47% report drinking alcohol at least once during the past month
- Equal numbers of boys and girls report drinking alcohol within the past month
- With each increase in year in school, students are likely to report drinking alcohol in the past month
 - 37% of 9th graders
 - 46% of 10th graders
 - 53% of 11th graders
 - 59% of 12th graders
- 5% report drinking alcohol on school property in the past month



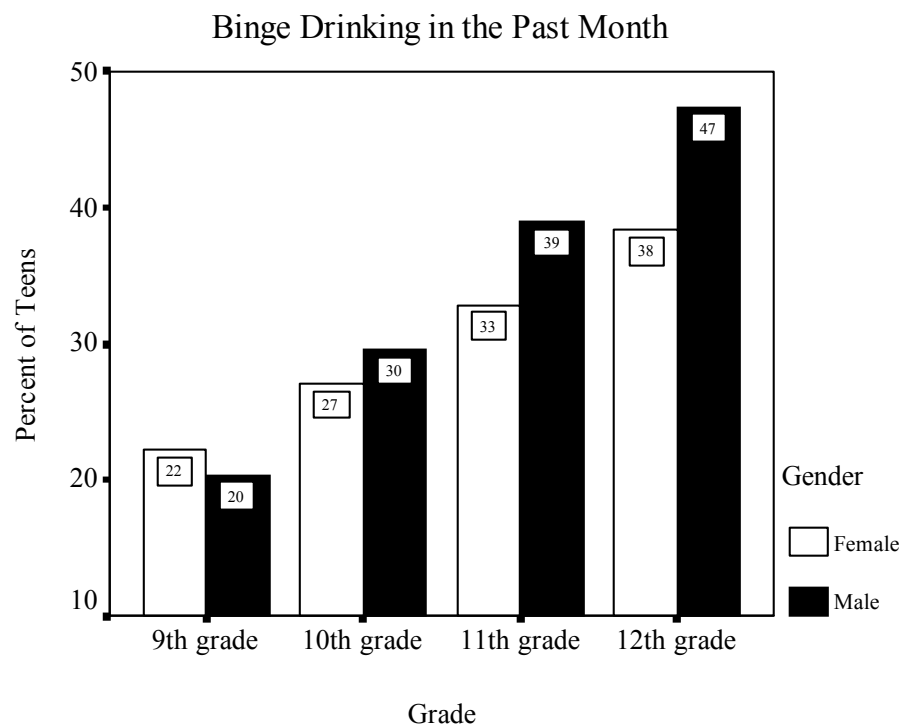
Age at Initial Use of Alcohol

- Among those students who report having used alcohol:
 - 35% report initial use at age 12 or younger
 - 36% report initial use between ages 13-14
 - 25% report initial use between ages 15-16
 - 4% report initial use at age 17 or older
- Boys report an earlier age of initial alcohol use than girls



Binge Drinking in the Past Month

- 31% report drinking greater than five drinks at a time in the past month
- More boys (**33%**) than girls (**29%**) report binge drinking in the past month
- Binge drinking increases with each grade level
 - 21% of 9th graders
 - 28% of 10th graders
 - 36% of 11th graders
 - 43% of 12th graders



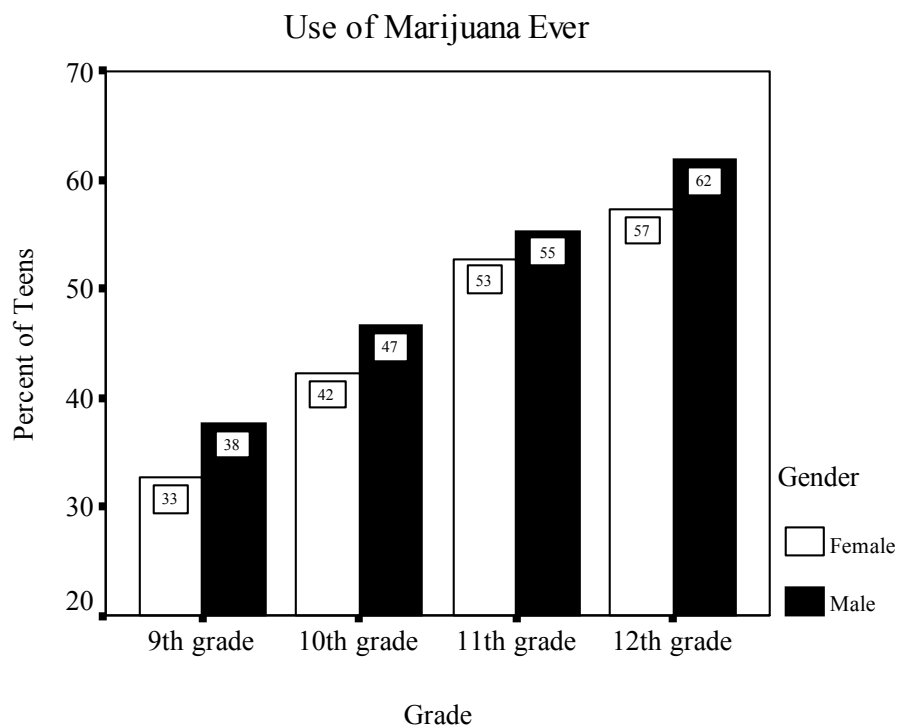
Other Alcohol Related Information

- 24% report having ridden in a vehicle driven by someone who had been drinking alcohol in the past month
- 11% report driving a vehicle when they had been drinking alcohol in the past month

Marijuana Use

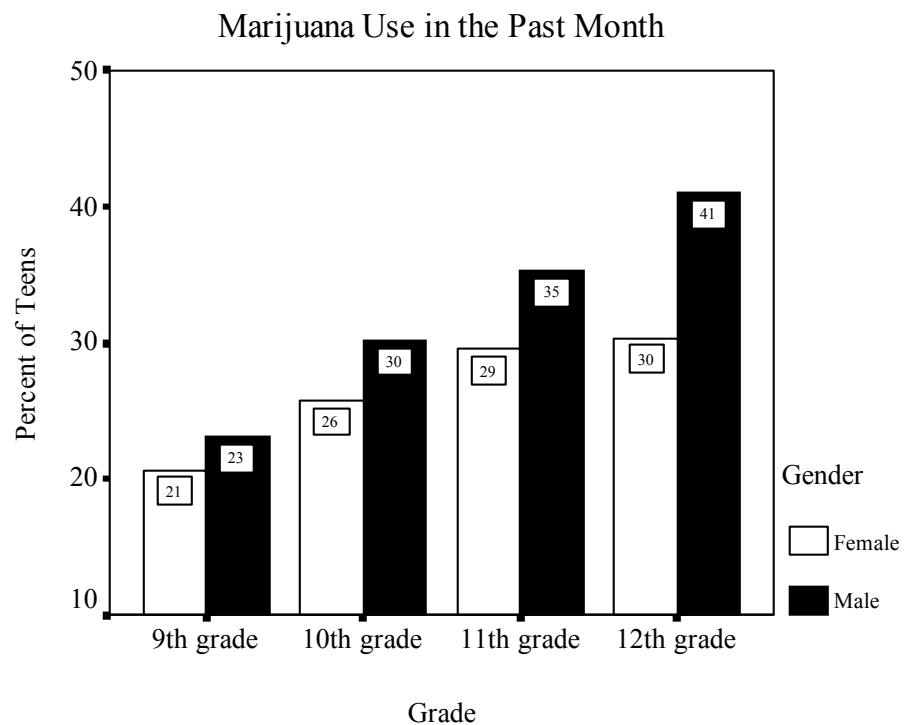
Use of Marijuana Ever

- 47% of students report using marijuana at least once in their lifetime
- More boys (**49%**) than girls (**45%**) report having used marijuana at least once in their lifetime
- 11th and 12th graders are more likely to use marijuana than 9th and 10th graders
 - 35% of 9th graders
 - 45% of 10th graders
 - 54% of 11th graders
 - 60% of 12th graders



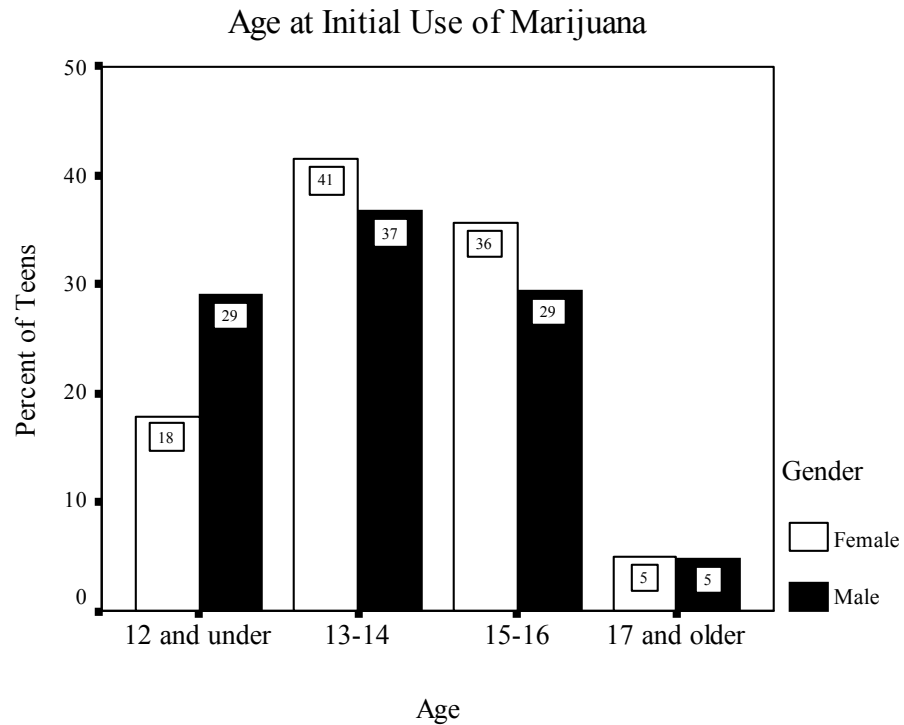
Marijuana Use in the Past Month

- 29% report using marijuana in the past month
- More boys (**32%**) than girls (**26%**) report marijuana use during the past month
- Current marijuana use increases with each grade
 - 22% of 9th graders
 - 28% of 10th graders
 - 32% of 11th graders
 - 36% of 12th graders
- 7% report using marijuana on school property in the past month



Age at Initial Use of Marijuana

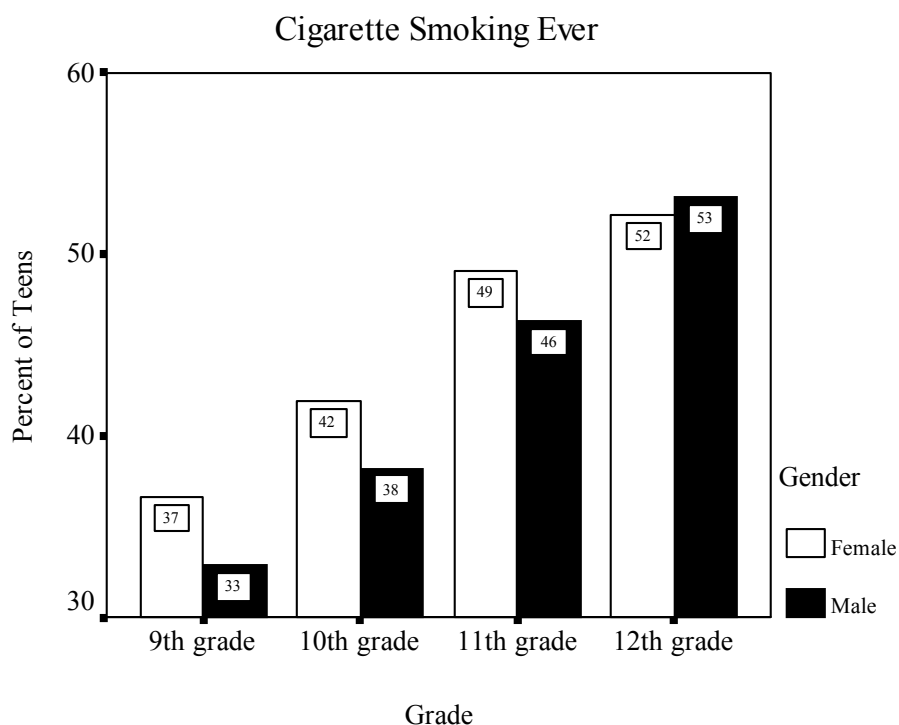
- Among those students who report having used marijuana:
 - 24% report initial use at age 12 or younger
 - 39% report initial use between ages 13-14
 - 32% report initial use between ages 15-16
 - 5% report initial use at age 17 or older
- Boys report using marijuana at an earlier age than girls



Tobacco Use

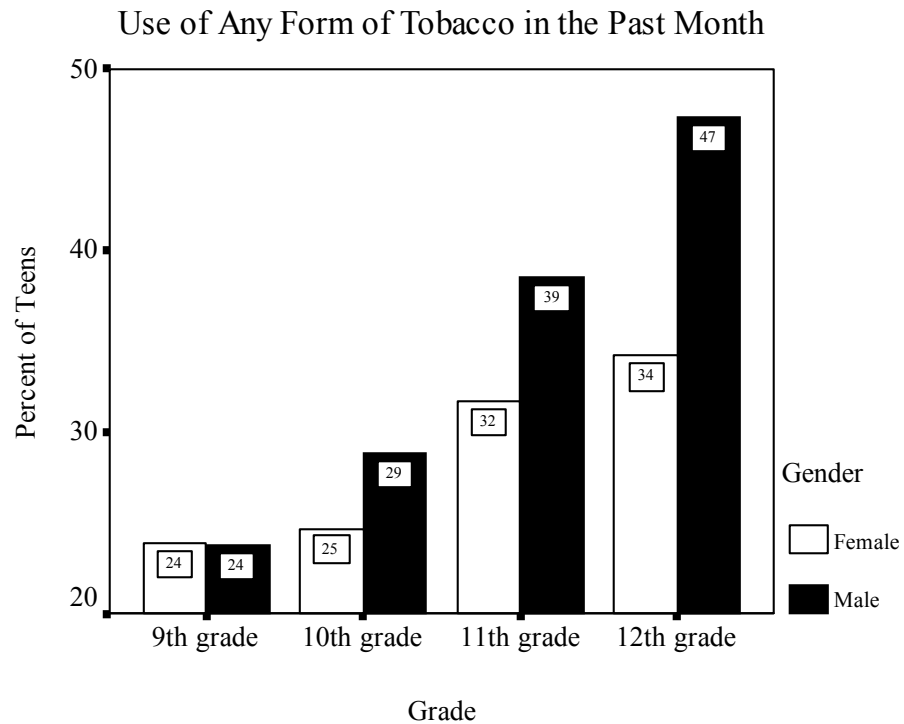
Cigarette Smoking Ever

- 43% report having ever smoked a whole cigarette
 - More girls (**44%**) than boys (**41%**) report having ever smoked cigarettes
- 12th graders are considerably more likely to have smoked cigarettes than 9th graders
 - 35% of 9th graders
 - 40% of 10th graders
 - 48% of 11th graders
 - 53% of 12th graders
- 17% report having smoked cigarettes daily for at least a 30 day period at some point in their lifetime
- 14% report having attempted to quit smoking cigarettes in the past year



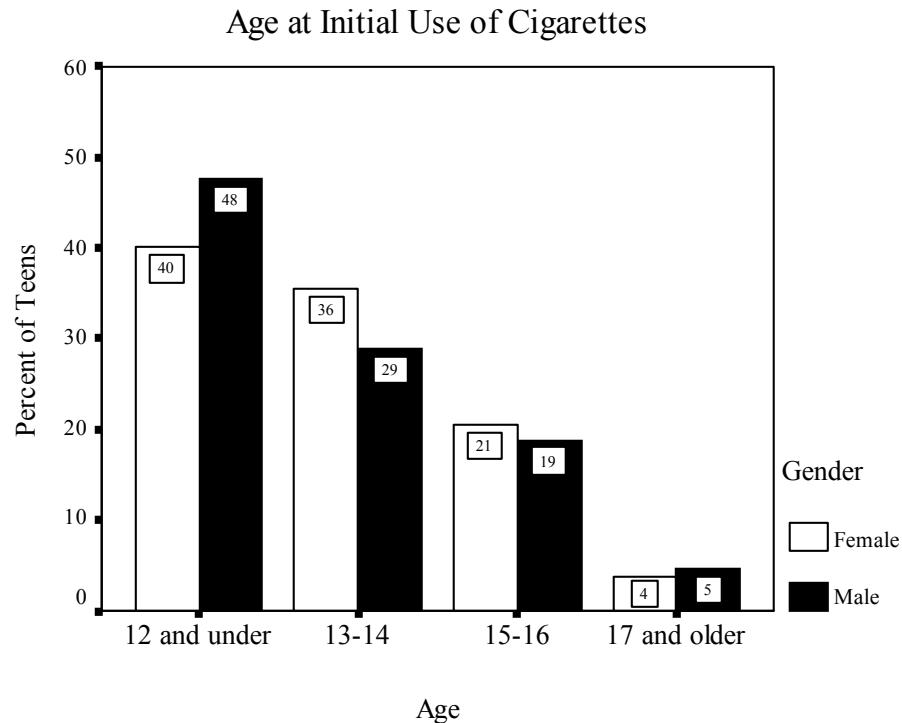
Use of Any Form of Tobacco in the Past Month

- 31% report smoking cigarettes, cigars, or chewing tobacco at least once during the past month
- Boys (**33%**) are more likely than girls (**28%**) to have used tobacco in the past month
- 12th graders are considerably more likely to have used tobacco in the past month than 9th graders
 - 24% of 9th graders
 - 27% of 10th graders
 - 35% of 11th graders
 - 41% of 12th graders
- 9% report smoking cigarettes on school property in the past month



Age at Initial Use of Cigarettes

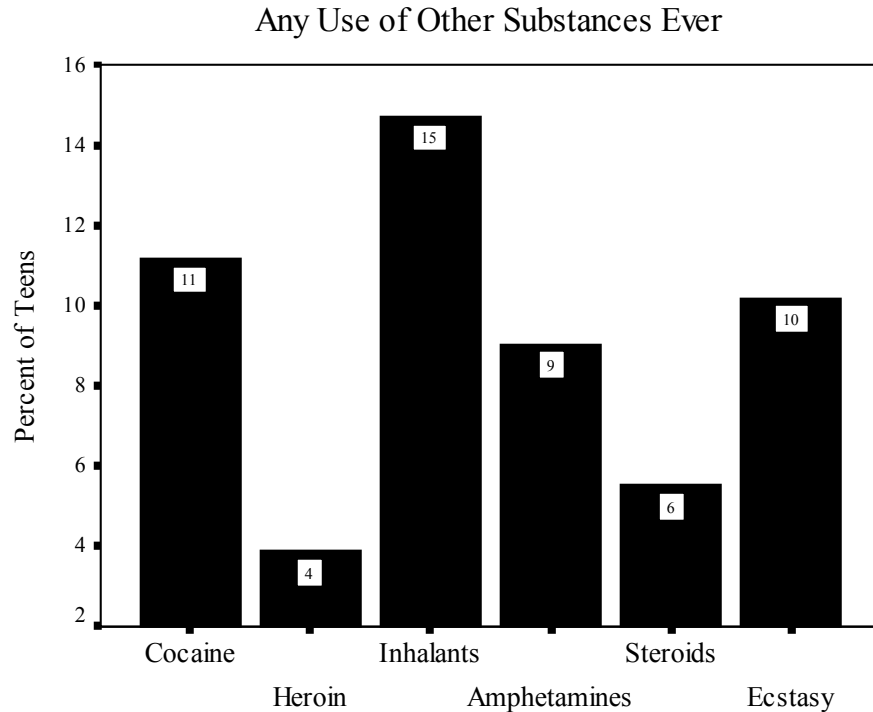
- Among those students who report having smoked cigarettes:
 - 44% report initial use at 12 or younger
 - 32% report initial use between ages 13-14
 - 20% report initial use between ages 15-16
 - 4% report initial use at age 17 or older
- Boys report an earlier age than girls when first smoked



Other Tobacco Related Information

- Of those students who did smoke in the past month:
 - 21% bought cigarettes in a store
 - 1% bought cigarettes in a vending machine
 - 27% gave someone money to buy cigarettes
 - 28% borrowed cigarettes from someone else
 - 7% had an adult gave cigarettes to them
 - 6% stole them
 - 10% got them some other way

Lifetime Use of Substances Other Than Tobacco, Alcohol or Marijuana
(Cocaine, Heroin, Inhalants, Amphetamines, Steroids or Ecstasy)

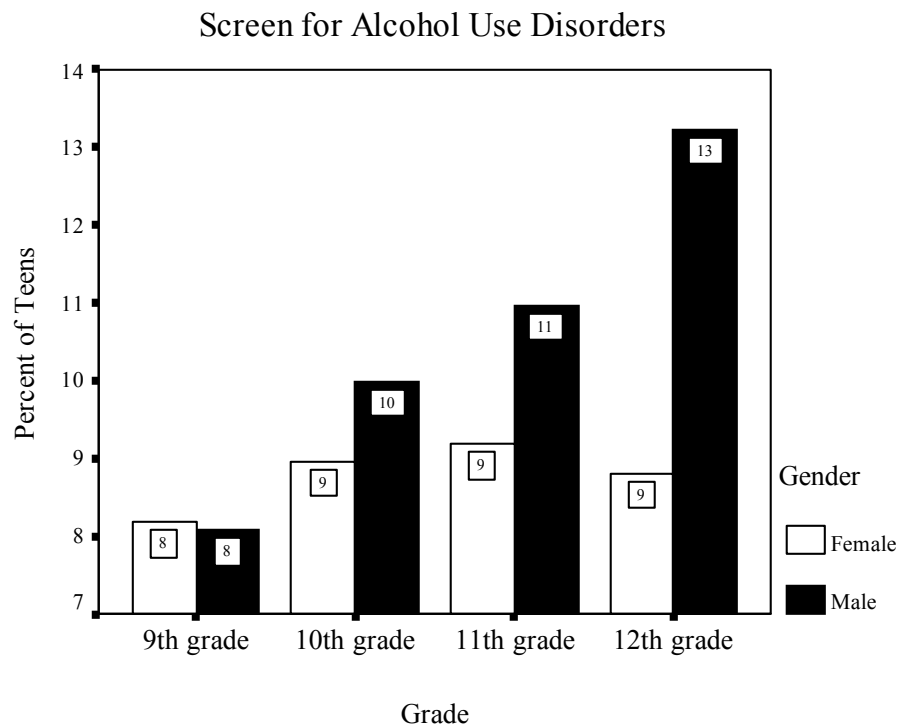


- 21% report use of at least one of the above listed substances at some point in their lives
- Boys and girls report no difference in lifetime use of at least one of these substances
- Of these substances, inhalants are the most commonly used (15%)
- 10% report ever using ecstasy
- 9% report ever using amphetamines
- 11% report ever using cocaine
- 3% report ever injecting illegal substances
- 4% report ever using heroin
- 6% report ever using steroids
- Use of at least one of these substances by grade
 - 24% of 9th graders
 - 24% of 10th graders
 - 26% of 11th graders
 - 27% of 12th graders

Risk for Clinical Alcohol Use Disorders

The survey includes a screen for clinical alcohol use disorders, including alcohol abuse and alcohol dependence. When a student scores positive on this screen, a thorough assessment by a mental health professional would be recommended. Alcohol use disorders are maladaptive patterns of alcohol use leading to clinically significant impairment or distress. Alcohol abuse can result in problems at home, school, or with peers. Alcohol dependence is the more severe disorder. Students with alcohol dependence might also exhibit signs of physiological dependence on alcohol, such as increased tolerance, withdrawal symptoms and persistent, unsuccessful efforts to cut down or control alcohol use.

- 10% screened positive for having an alcohol use disorder
- Boys (**10%**) are more likely than girls (**9%**) to screen positive for an alcohol use disorder
- Risk for alcohol use disorder by grade
 - 8% of 9th graders
 - 10% of 10th graders
 - 10% of 11th graders
 - 11% of 12th graders



Other Information and Risk Behavior Related to Substance Use

- 26% report being offered, sold, or given an illegal drug on school property in the past year

Use by Friends

- 61% report use of marijuana or other drugs (excluding alcohol and tobacco) by at least one of their 4 closest friends in the past year
- 21% (**23%** of boys and **19%** of girls) report that all of their 4 closest friends use marijuana or other drugs
- 12th graders more than 9th graders report that they believe all of their 4 closest friends use marijuana or other drugs
 - 15% of 9th graders report use by all of their 4 closest friends
 - 26% of 12th graders report use by all of their 4 closest friends

2b. Risk Behaviors relating to physical violence, fear of violence and victimization

- 19% report carrying a weapon such as a gun, knife or club on at least one occasion in the past month
- 8% report carrying a weapon on school property in the past month
- 4% were absent from school in the past month because they felt unsafe at school
- 9% felt threatened at school in the past year
- 30% report having had property damaged in the past 12 months
- 31% report being in a physical fight at least once in the past year; 4% report having been injured as a result
- 8% report being hit, slapped or physically hurt by a boyfriend or girlfriend in the past 12 months
- 7% report having been the victim of sexual assault

2c. Emotional Problems

- 29% report feeling sad or hopeless for two weeks or more over the past year
- 19% report having seriously considered suicide
- 14% report making a plan about suicide during the past 12 months
- 9% report having attempted suicide one or more times in the past 12 months
- 3% report being treated by a doctor or nurse because of a suicide attempt during the past 12 months

2d. Weight and Restrictive Eating

- 19% report restricting their eating in the past 30 days (e.g., taking diet pills, fasting for 24 or more hours, or vomiting to lose weight)
- More girls (**26%**) than boys (**10%**) report restricting their eating
- **Body Mass Index (BMI)**

Body mass index provides a guideline based on weight and height to determine underweight and overweight. There are 4 cutoff points to identify unhealthy weight. Children with BMI at or above the 95th percentile are categorized as overweight. Children at the 85th percentile to <95th percentile are at risk of overweight. Children at or under the 5th percentile are considered underweight and children at >5th percentile up to the 15th percentile are considered at risk of underweight.

- 8% of students are at risk for being underweight and there are no differences in risk level between boys and girls
- 3% of students are in the underweight category, and there are no differences between boys and girls
- 13% of students are at risk for being overweight
 - There are more boys (**15%**) who are at risk for being overweight than girls (**11%**)
- 10% of students are in the overweight category
 - There are more boys (**15%**) who are overweight than girls (**6%**)

2e. Sexual Behaviors

- 43% report having ever had sexual intercourse
- More girls (**44%**) than boys (**41%**) report having sexual intercourse
- Of those who report having had sexual intercourse:
 - 12% report first having intercourse at age 12 or younger
 - 9% report first having intercourse at age 13
 - 20% report first having intercourse at age 14
 - 26% report first having intercourse at age 15
 - 22% report first having intercourse at age 16
 - 11% report first having intercourse at age 17 or older
- Boys report an earlier age than girls for first having sexual intercourse
- Of those who report having had sexual intercourse ever:
 - 43% report having had 1 partner
 - 20% report having had 2 partners
 - 12% report having had 3 partners
 - 7% report having had 4 partners
 - 4% report having had 5 partners
 - 14% report having had 6 or more partners
- Of those who report having had sexual intercourse in the past 3 months:
 - 75% report having had 1 partner
 - 12% report having had 2 partners
 - 4% report having had 3 partners
 - 2% report having had 4 partners
 - 1% report having had 5 partners
 - 6% report having had 6 or more partners
- Boys report more sexual partners ever than girls
- Of those who report having had sexual intercourse, 24% report having used drugs or alcohol prior to having had sex the last time
- Of those who report having had sexual intercourse, 64% report having used a condom the last time they had sexual intercourse

- Of those who report having had sexual intercourse, the following methods of birth control were used:
 - 27% used birth control pills
 - 49% used condoms
 - 4% used depo-provera (injectable birth control)
 - 7% used withdrawal
 - 2% used some other method
 - 8% did not use any method
 - 3% were unsure
- 4% report having been pregnant or having gotten someone else pregnant
- 89% report being taught about AIDS in school

Part II

Associations between amount and type of substance use, academic performance, and health risk behaviors

The second part of this report looks at how youth substance use relates to health risk behaviors and harmful outcomes such as: engagement in violence, sexual behavior and risk taking, sexual assault, depression, restrictive eating and lower academic performance. We were interested in comparing these health risks for teens who report using substances and for those who do not. For this purpose, we created a series of indices that allowed us, by the use of odds ratios, to see the associations of substance use with risky behaviors. The odds ratio estimates the comparative odds of engaging in health risk behaviors by teens who use substances and teens who do not use substances. We examined separately: reported use of alcohol, tobacco, marijuana and other (hard) drugs. For reported tobacco use, marijuana use and use of other (hard) drugs, the index simply compared users to nonusers (including lifetime or 30 day use). But because we found on this survey that 76% of NH youth reported using alcohol, the alcohol use index contains an Alcohol Severity Scale. This scale divides reported alcohol use into 4 levels of use: no use, light use, moderate use and heavy use.

Section A provides a more detailed description of the indices. It lists the YRBS questions that were used to create each index and the health risk behaviors included in the odds ratio table (Section B). Because this analysis is based only on cross-sectional data, representing a snapshot of patterns of behavior at the time the survey was administered, it is not possible to state that a certain behavior leads to or causes another. For example, while we can say that marijuana use may be related to engagement in violent behavior, we cannot assume from this survey that marijuana use leads to or causes violent behavior. It might be that violent behavior leads to or causes marijuana use. **It is very important to understand that the associations we describe below are correlational, which means that no causal inferences may be made.**

Section A

1. Depressive Mood and Substance Use

A Depressive Mood Index was created containing 5 items: (1) depressed mood (2) thoughts of suicide, (3) a plan for suicide and (4) a reported suicide attempt within the past year and (5) whether they were treated by a medical professional for injuries sustained during the attempt (Questions 22-26). Teens who endorsed one or more of these 5 questions were categorized as having a depressed mood and teens who endorsed none of these questions were categorized as not having a depressed mood. It is important to note that this Index is not a measure of symptoms of depression. To receive a clinical diagnosis of depression, multiple symptoms would need to be endorsed, many of which this survey did not include.

• 41% of teens (34% of boys and 48% of girls) measured as having a depressed mood using the Index criteria

Teens who drink more heavily, or use tobacco, marijuana or other illicit drugs are more likely to report having a depressed mood than those who drink less or none at all, or who don't use tobacco, marijuana or other illicit drugs.

2. Sexual Activity, Sexual Risk Behavior and Substance Use

A Sexual Activity and Sexual Risk Behavior Index was created containing 7 items including: sexual activity, age at first intercourse, number of sexual partners, use of contraception, ever having been pregnant or having gotten someone pregnant and substance use before intercourse (Questions 79-85). Teens who endorsed one or more of these 7 questions were categorized as having engaged in sexual activity or risky sexual behavior.

• 44% of teens (43% of boys and 45% of girls) engaged in sexual behaviors using the Index criteria

For both boys and girls, sexual behaviors were associated with substance use. In particular, teens who drink heavily are highly likely to be engaging in sexual activity or risky sexual behaviors. Teens who drink moderately, or use tobacco, marijuana or other illicit drugs are more likely to engage in these behaviors than teens who drink lightly or not at all, or who don't use tobacco, marijuana or other illicit drugs.

3. Violence and Substance Use

An Engagement in Violence Index was created containing 6 items including carrying weapons such as guns, knives or clubs and engaging in physical fights (Questions 11-13, 17-19). Teens who reported one or more of these 6 items were categorized as having engaged in violent behavior.

- **39% of teens (51% of boys and 26% of girls) were categorized as engaging in violence using the Index criteria**

Boys are about twice as likely as girls to engage in violent behavior. For both boys and girls, violent behavior was associated with substance use. Teens who drink heavily or moderately or use tobacco, marijuana or other illicit drugs are more likely to engage in violent behavior than teens who drink lightly or not at all, or who don't use tobacco, marijuana or other illicit drugs.

4. Sexual Assault and Substance Use

- **7% of teens (5% of boys and 10% of girls) report being sexually assaulted**

Higher levels of alcohol, tobacco, and marijuana use and use of hard drugs are associated with increased risk for being the victim of sexual assault in childhood or adolescence. Teens who drink heavily are particularly likely to report forced sex. Teens who drink moderately, use tobacco, marijuana or other illicit drugs are more likely to report having been victims of sexual assault at least once in their lifetime than teens who drink lightly or not at all, or who don't use tobacco, marijuana or other illicit drugs.

5. Restrictive Eating and Substance Use

A Restrictive Eating Index was created containing 3 items: (1) fasting for 24 hours or more, (2) taking diet pills without a doctor's recommendation, or (3) engaging in purging behaviors (Questions 90-92). Teens who reported one or more of these 3 items were categorized as engaging in restrictive eating.

- **18% of teens (11% of boys and 26% of girls) were categorized as engaging in restrictive eating using the Index criteria**

Girls were more likely to report restrictive eating than boys. For both boys and girls, restrictive eating was associated with substance use. Teens who drink heavily are particularly likely to engage in restrictive eating. Teens who drink moderately, use tobacco, marijuana or other illicit drugs are more likely to engage in restrictive eating than teens who report drinking lightly or not at all, or who don't use tobacco, marijuana or other illicit drugs.

6. Attempted Suicide and Substance Use

- **9% of teens (6% of boys and 12% of girls) report attempting suicide one or more times during the past year**

Higher levels of alcohol, tobacco, and marijuana use and use of hard drugs are associated with increased risk for attempting suicide. Teens who drink heavily or report illicit drug use are particularly likely to also report suicide attempts. Teens who drink moderately, or use tobacco or marijuana are more likely to report attempting suicide at least once within the past year than teens who drink lightly or not at all, or who don't use tobacco, marijuana or other illicit drugs.

7. Academic Performance and Substance Use

Academic performance was measured by dividing teens into those who reported receiving mostly As or Bs and those who reported receiving mostly Cs or lower. Studies have shown that teens who get higher grades in school are less likely to abuse substances. Higher level of alcohol use, tobacco use, use of marijuana and hard drugs are associated with poorer academic performance.

- **67% of students report mostly grades of A or B (60% of boys and 75% of girls)**

Both boys and girls who drink heavily, or use tobacco, marijuana or other illicit drugs are more likely to report receiving lower academic grades (mostly Cs or lower) over the past year than teens who drink lightly or not all, or who don't use tobacco, marijuana or other illicit drugs.

Section B Odds Ratio Table

Section B presents the table of odds ratios. The odds ratio table displays odds ratios for the associations between different types of substance use and health risk behaviors. It represents a different way of presenting our analysis of how substance use and abuse are associated with the health and well-being of NH teens. The first column lists the substances that were reported on this survey as being used by some teens (alcohol, tobacco, marijuana and other substances). It also shows the percent of teens who report using the listed substances (alcohol, tobacco, marijuana and "other" substances.) "Other substances" refer to: inhalants, amphetamines, cocaine, heroin, ecstasy and steroids.

If you look across the table at the health risk behaviors listed in columns 2 through 8 (depression, sexual behaviors, violence, sexual assault, restrictive eating, suicide attempts and lower academic performance), you can see the increased likelihood that a teen who reported using one of the substances listed would also report these negative outcomes. For each substance listed, the odds of a teen reporting the health risk behaviors listed are the odds compared to a teen who does not use the specific substance.

These odds ratios are adjusted for gender and grade level, which means that they take account of differences in risk according to gender and grade in school. However, the odds ratios for specific health risk behaviors shown in the table may not be exactly the same for girls as for boys and the table cannot show the exact risk level for an individual teen. While the odds ratios in this table show strong associations between reported substance use and reported health risk behaviors, the data cannot tell us the direction of the association. In other words, we cannot tell if reported use of marijuana preceded reported lower academic performance or whether lower academic performance preceded reported use of marijuana.

Odds Ratio Table: Increased Likelihood of Health Risk Behaviors Associated with Substance Use

Substance Use Type Percent of Teens Using Substances	Depressive Mood	Sexual Behaviors	Violence	Sexual Assault	Restrictive Eating	Suicide Attempts	Lower Academic Performance
Alcohol Use							
Light (22%)	1.7	3.0	2.2	2.6	2.0	1.8	1.7
Moderate (25%)	2.6	7.9	4.3	5.6	3.8	4.2	2.7
Heavy (24%)	3.6	19.2	8.9	12.5	6.9	7.5	4.3
Tobacco Use (47%)	2.6	6.1	3.7	5.3	3.5	4.5	3.5
Marijuana Use (48%)	2.3	6.7	3.1	4.9	3.1	3.5	3.0
*Other Substances (21%)	3.3	7.2	4.9	6.2	4.3	6.3	3.2

* inhalants, amphetamines, cocaine, heroin, ecstasy and steroids